

Year 3 – Unit 1 – Personal

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1- 3	<i>Develop flexibility, strength, technique, control and balance.</i>	Coordination Footwork	With fluency and control, starting slowly and then at maximum speed: <ul style="list-style-type: none"> - To know how to hopscotch forward and backwards, alternating my hopping leg each time. - To know how to complete three step zig zag patterns forwards. - Now how to complete three step zig zag patterns backwards. 	With fluency and control, starting slowly and then at maximum speed: <ul style="list-style-type: none"> - To know how to combine three step zig zag patterns with crossover when changing lead leg. - To know how to move in a three step zig zag pattern with a knee raise across the body just before changing lead leg and direction. - To know how to move in a three step zig zag pattern lifting up foot behind and changing lead leg and direction.
4 - 6	<i>Develop flexibility, strength, technique, control and balance.</i>	Static Balance One leg	Maintaining balance on both legs: <ul style="list-style-type: none"> - To know how to stand still for 30 seconds with eyes closed. - To know how to complete 5 squats. - To know how to complete 5 ankle extensions. 	With fluency and control, starting slowly and then at maximum speed: <ul style="list-style-type: none"> - To know how to combine three step zig zag patterns with crossover when changing lead leg. - To know how to move in a three step zig zag pattern with a knee raise across the body just before changing lead leg and direction. - To know how to move in a three step zig zag pattern lifting up foot behind and changing lead leg and direction.